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SNAP Puts Healthy Food Within Reach

No one in America should go hungry. But every day, hard-working and retired individuals and families face the choice between buying enough food and paying for basic life necessities like rent, heat and electricity. In addition, unexpected day-to-day circumstances like a trip to the emergency room or the loss of a job can easily push a household into food insecurity.

USDA’s Food and Nutrition Service administers 15 nutrition assistance programs that serve as the nation’s first line of defense against hunger. Its largest program, the Food Stamp Program (FSP) helps 28 million low-income people each month put healthy food on the table. Half of those recipients are children.

As of October 1, 2008, SNAP is the new name for the Food Stamp Program. SNAP stands for the Supplemental Nutrition Assistance Program, and reflects the changes we’ve made to meet the needs of our clients, including a focus on nutrition and an increase in benefit amounts. While SNAP is the federal name for the program, State programs may have different names. Current clients will not lose benefits as a result of the name change. Current clients and recent applicants do not need to re-apply.

On average, 37 million individuals were eligible for food stamp benefits each

month in 2006, and 25 million received them. This means that only 67% of eligible participants signed up.

Studies show that families who do not have access to healthy foods and nutritional education suffer from higher rates of obesity. Children without access to healthy eating can experience behavioral and social problems that they otherwise wouldn’t if they were simply not hungry.

But there is an opportunity to

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Introducing... “Nutrition Through the Seasons”

The SNAP-Ed Connection is proud to announce a unique and dynamic new resource for SNAP-Ed professionals which highlights seasonal nutrition education materials. SNAP-Ed providers can use *Nutrition Through the Seasons* to find timely resources, tools and materials to help plan appropriate seasonal programming for participants.

This newly launched section of the SNAP-Ed Connection Web

site is easy to navigate. Educators can simply select a season from the main page, and then search through resources specific to that season. Educators looking for month-specific resources can browse through resources organized by month.

Resources included in *Nutrition Through the Seasons* reference seasonally appropriate topics, such as “Food

Preservation Tips”, “Indoor Physical Activity Resources”, “SNAP-Ed Appropriate Gardening Resources”, and “Summer Food Safety Resources”. Monthly resources address health observances and holidays, such as Health Literacy Month in October, and suitable highlights from the SNAP-Ed Connection Resource Finder database.

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From The Coordinator's Desk

Welcome to an action-packed edition of the SNAP-Ed Connection Bulletin! As the fiscal year comes to a close, we're excited to launch many of the new projects that we have been working on for you.

First and foremost, we've been working to transform our Web page from the Food Stamp Nutrition Connection to the SNAP-Ed Connection. Throughout our site you'll notice the same great resources, updated to reflect the recent enhancements to the Food Stamp Program.

In addition to helping spread the word about the Food Stamp Program's name change, our team at the SNAP-Ed Connection has been busy putting the final touches on a number of new and innovative tools for nutrition educators.

After reading more about the Spanish translation of the Recipe Finder, Eat Right When Money's Tight, Nutrition Through the Seasons and the latest additions to our "Hot Topics A-Z" in the pages of this bulletin, I invite you to visit our Web site at <http://snap.nal.usda.gov/> to explore these new resources.

Now more than ever, I encourage you to join the SNAP-Ed Talk (formerly FSNC-Talk) listserv to ensure you get the latest information regarding SNAP-Ed as it becomes available. You can sign up for this listserv at: www.nal.usda.gov/fsn/snap_talk.shtml/



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Eat Right When Money's Tight

With rising food costs, many families are finding themselves struggling to put food on the table. To help SNAP-Ed providers address the increase in the cost of food, the SNAP-Ed

Connection has composed a new section of resources called "Eat Right When Money's Tight".

"Eat Right When Money's Tight" includes a tip sheet created by USDA's Food and Nutrition Service that provides information on

how to shop for a nutritious diet while on a limited food budget. The tip sheet includes planning recommendations, shopping advice, and tips for best buys for cost and nutrition in every food group. It also provides a

short description of some of the USDA's nutrition assistance programs that can help make ends meet.

Other resources available in "Eat Right When Money's Tight" include print-ready nutrition education materials focused on food budgeting, low cost recipes, and professional reports and statistics on food resource management.

"Eat Right When Money's Tight" can assist SNAP-Ed providers when work-

ing with participants in the current food economic environment. To access this new section, click on either the link in the Resource Library or on the home page of the SNAP-Ed Connection Web site.



New Hot Topics

Have you visited *Hot Topics A-Z*? Located in Professional Development Tools, this section of the SNAP-Ed Connection Web site is where we present reports, articles and other resources on current issues in nutrition education. Having this information at your fingertips can help busy nutrition educators stay informed quickly and easily. We hope you enjoy using this valuable resource. Here are some of the latest topics we've added to this section:

- **Dietary Supplements** – Resources, information and tools to help supplement your knowledge of dietary supplements! Find information on regulations, health claims, and scientific research as they pertain to various dietary supplements and herbal remedies.
- **Vegetarian Nutrition** – Find articles and educational tools that are related to types of vegetarian diets, cooking techniques, and nutritional concerns.
- **Childhood Overweight (updated)** – Find information and resources that provide background and support efforts related to childhood overweight and obesity, including facts and statistics, programs, and reports.



Buscador de Recetas: Recipe Finder Now Available in Spanish



The SNAP-Ed Connection is pleased to announce the release of “Buscador de Recetas” the Spanish translation of the Recipe Finder Database. Users now have the option of searching the database in both Spanish and English, which will greatly enhance the capacity and resources available to SNAP-Ed providers who work with Spanish speaking populations.

All the familiar features of the SNAP-Ed Connection Recipe Finder database are incorporated and translated into Spanish to include the Recipe Finder’s search page, over 400 recipes with nutrition and cost analysis, the shopping list option, ratings and reviews, and print options.

The SNAP-Ed Connection Recipe Finder was originally released in 2005 for use by nutrition educators working with SNAP eligible populations. Recipes included in the database help SNAP-Ed providers save time, teach food resource management skills, and meet nutrition education goals. Recipes generally use low cost, readily available ingredients, can be prepared quickly, use simple measurements and basic equipment, and are compatible with the existing US Dietary Guidelines for Americans. The SNAP-Ed Connection contracted with the Library of Congress in cooperation with its team of native Spanish speakers to translate the original Recipe Finder database into Spanish.

To access the Spanish version of the SNAP-Ed Connection Recipe Finder, visit the web site at <http://recipefinder.nal.usda.gov/>.

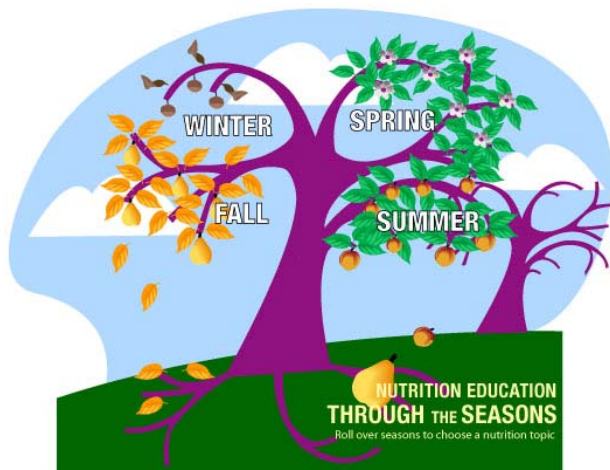
Introducing “Nutrition Through the Seasons” (continued)

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A distinctive feature of “Nutrition Through the Seasons” is a seasonal produce guide titled, “What’s Fresh?” This guide provides links and resources on fresh fruits and vegetables that are abundantly available throughout each of the four seasons. Although many fruits and vegetables are available canned, frozen or dried all year long, choosing fresh fruits and vegetables in season is another great way to stretch food dollars.

What’s Fresh? links to shopping, storage, and preparation tips, recipes and activities for over 50 fruits and vegetables. Check it out today and see what’s fresh this season!

“Nutrition Through the Seasons” is available now on at <http://snap.nal.usda.gov/seasons/>. It can be accessed through the Resource Library or by clicking on the link from the SNAP-Ed Connection home page.



SNAP Puts Healthy Food Within Reach (continued)

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increase the number of participants in the FSP. Recent program improvements include an increase in the minimum benefit amount (from \$10 to \$14) and standard deduction, elimination of the limit on child or dependent care deduction and the exclusion of education and retirement ac-

counts from countable resources. Through nutrition education partners, SNAP helps clients learn to make healthy eating and active lifestyle choices. Research shows that every \$5.00 of new benefits generates \$9.20 in total community spending.

Please spread the word about the SNAP

name change and program improvements. With SNAP, healthy food is within reach for low-income Americans.

For more information about SNAP or one of the USDA’s Food and Nutrition Services fifteen programs, please visit <http://www.fns.usda.gov>.

Upcoming Conference Calendar

Be sure to save the date for these upcoming events!

American Association of Food Stamp Directors
American Public Human Services Association.
October 24-29, 2008
Burlington, VT

ADA Food & Nutrition Conference & Expo
American Dietetic Association.
October 25-28, 2008
Chicago, IL





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Connecting SNAP-Ed providers with
information and education resources.

Visit us on the Web!

<http://snap.nal.usda.gov>

SNAP-Ed Connection is a dynamic online resource center for State and local SNAP-Ed providers. SNAP-Ed Connection is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center in collaboration with the University of Maryland.

The SNAP-Ed Connection, previously titled the Food Stamp Nutrition Connection, was established in 2001, by the United States Department of Agriculture's (USDA) Food and Nutrition Service with the goal of helping SNAP-Ed providers find the tools and information they need to provide quality nutrition education for low-income audiences.

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Recipe Highlight: Fall Veggie Casserole

As the weather turns cooler, enjoy heartier fall vegetables in tasty stews and delicious casseroles. For more great recipes in English and Spanish, visit the SNAP-Ed Connection Recipe Finder!

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

1 medium eggplant
4 tomatoes
1 green pepper
1 onion
1 teaspoon salt
1/4 teaspoon pepper
3 Tablespoons vegetable oil
1 garlic clove
2 Tablespoons grated Parmesan cheese

Instructions:

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

Cost: Per Recipe: \$ 4.40
Per Serving: \$ 0.55

Adapted from:
Pennsylvania Nutrition Education
Network Website Recipes
**The Pennsylvania Nutrition Education
Program**

Nutrition Facts	
Serving Size 1/8 of recipe (172g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 10%	Vitamin C 45%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

